

**Tom's Traditional & Easy Garlic Crock Pot Chili**  
**College of Arts & Sciences (recipe from Tom Meuser)**

Suitable for a 6 Quart Crock Pot

- 2 lbs of ground beef (or other ground meat)
- Six 15 oz cans of beans ( a mix of chili, black, white, and other beans works well), drained and rinsed
- One 15 oz can of diced tomatoes (consider spiced Mexican blend)
- 1 lbs of carrots diced
- One 28-32 oz jar of spaghetti sauce (meat or garlic favored works well)
- 2 large onions diced
- Hot sauce (6+ drops)
- Chili powder (2+ tablespoons)
- 1/2 tsp black pepper
- 1 tsp salt
- 2-4 cloves of minced garlic (raw)

Prepare ingredients in the morning or night before, and cook on low in crock pot for at least 8 hours before serving. Serve with sour cream and grated cheese to taste.

- Saute the meat, drain fat, and add to crock pot.
- Saute the onions in same pan with tsp meat fat until lightly browned, and add.
- Stir in remainder of ingredients.
- 2 table spoons of chili powder and six drops of hot sauce for mild to moderate heat. Adjust based on your taste.

**Mike's secret ingredient chili**  
**College of Nursing/Optomtry – recipe by Mike Bovier**

**Ingredients:**

- 2 Tbs. olive oil
- 1 large red onion, diced
- 1 yellow pepper, diced
- 1 red pepper, diced
- 4 prunes
- 1 lb ground beef
- ½ lb. Italian sausage (remove from casing if needed)
- ¼ cup chili powder (more or less to taste. You can always add more, but you can't take it back out ;=) )
- 1 tbs. ground cumin
- 1 tbs. oregano
- 1 tsp. garlic powder
- 2 tbs. concentrated tomato paste (or 4 tbs of regular tomato paste)
- One 12-oz. bottle of beer
- Two 15 –oz. cans diced tomatoes
- Two 15-oz. cans tomato sauce
- One 15-oz. can kidney beans
- One 15-oz. can black beans
- One 15-oz. can pinto beans
- 1 cup strong brewed coffee

**Directions:**

1. Add olive oil to a large Dutch oven or stock pot and heat over medium heat.
2. When oil is heated add onions and peppers and sauté til tender.
3. Add beef and sausage, cooking til done.
4. Drain meat, onions, and peppers and then return to pan. Stir in the chili powder, cumin, oregano, garlic powder, and tomato paste.
5. Cook for 2 minutes, stirring constantly.
6. Add the beer and bring mixture to a simmer.
7. Add tomatoes, beans, and coffee.
8. Bring to a simmer and add 4 prunes (you will need to take these out and discard after 1 hour)
9. Simmer for 2 hours, stirring occasionally to keep from sticking to the bottom of the pan.

## **Tailgate Chili** **College of Education**

### **Ingredients**

2 pounds ground beef chuck  
1 pound bulk Italian sausage  
3 (15 ounce) cans chili beans, drained  
1 (15 ounce) can chili beans in spicy sauce  
2 (28 ounce) cans diced tomatoes with juice  
1 (6 ounce) can tomato paste  
1 large yellow onion, chopped  
3 stalks celery, chopped  
1 green bell pepper, seeded and chopped  
1 red bell pepper, seeded and chopped  
2 green chile peppers, seeded and chopped  
1 tablespoon bacon bits  
4 cubes beef bouillon  
1/2 cup beer  
1/4 cup chili powder  
1 tablespoon Worcestershire sauce  
1 tablespoon minced garlic  
1 tablespoon dried oregano  
2 teaspoons ground cumin  
2 teaspoons hot pepper sauce (e.g. Tabasco(TM))  
1 teaspoon dried basil  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon cayenne pepper  
1 teaspoon paprika  
1 teaspoon white sugar  
1 (10.5 ounce) bag corn chips such as Fritos(R)  
1 (8 ounce) package shredded Cheddar cheese

### **Directions**

Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.

Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green and red bell peppers, chile peppers, bacon bits, bouillon, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally. After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.

To serve, ladle into bowls, and top with corn chips and shredded Cheddar cheese.

**Southwestern Chicken Chili**  
**School of Social Work – recipe by Diane O’Brien**

1 (12 oz.) jar Salsa Verde

3 cups cooked chicken pieces (1 deli-counter rotisserie chicken)

1 (15 oz.) can Great Northern beans, drained (Note: when I double the recipe I use 3 cans of beans for thickness)

3 cups Chicken Broth

1 tsp. ground cumin

2 green onions, chopped

½ cup sour cream

Tortilla Chips

- 1) Empty salsa into large saucepan. Cook for 2 minutes over medium-high heat and then add chicken, beans, broth, and cumin.
- 2) Bring to a boil, lower heat to a simmer, and cook for 10 minutes, stirring occasionally.
- 3) Top each bowl with a sprinkling of green onions, a dollop of sour cream, and some tortilla chips (if desired).

**Spicy Vegetarian Chili**  
**College of Business Administration**

Feeds 6-8

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled, thinly sliced
- 1 red bell pepper, seeded and chopped
- 3 large jalapenos, seeded and minced (about 4 1/2 tbs.)
- 2 (28 ounce) cans diced fire roasted tomatoes with juice
- 2 cups vegetable stock (or water)
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can chickpeas, drained (also called garbanzo beans)
- 1/2 cup bulgur (cracked wheat)
- 3 garlic cloves, minced
- 2 tablespoons dried ancho chile powder (or regular chile powder)
- 1 tablespoon ground dried chipotle pepper (or 1-2 tsp. chipotle in adobo sauce, pureed)
- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground cinnamon
- 2 tablespoons red wine vinegar
- sour cream, for garnish
- grated cheddar cheese, for garnish
- chopped fresh cilantro, for garnish

**Directions**

1. Heat the olive oil in a large pot over medium high heat. Add onions, carrots, bell pepper, and jalapenos. Saute until the vegetables are almost tender, about 8 minutes.
2. Add the tomatoes, stock or water, beans, bulgur, garlic, chile powder, chipotle pepper, cumin, coriander, cinnamon, and vinegar; bring to a boil.
3. Reduce heat to low, and cook uncovered, stirring occasionally, until the bulgur is tender and the mixture thickens, about 20 minutes.
4. Ladle the chili into bowls and garnish with sour cream, grated cheese, and cilantro.